

Full Report (All Nutrients) 45200982, MUSHROOM RISOTTO, UPC: 711535506232

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Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer WILD HARVEST

Nutrient	Unit	Data points	Std. Error	1 cup 236g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	309	131
Protein	g	--	--	5.00	2.12
Total lipid (fat)	g	--	--	10.01	4.24
Carbohydrate, by difference	g	--	--	48.99	20.76
Fiber, total dietary	g	--	--	1.9	0.8
Sugars, total	g	--	--	2.01	0.85
Minerals					
Calcium, Ca	mg	--	--	59	25
Iron, Fe	mg	--	--	0.35	0.15
Sodium, Na	mg	--	--	859	364
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	0.0	0.0
Vitamin A, IU	IU	--	--	0	0
Lipids					
Fatty acids, total saturated	g	--	--	3.493	1.480
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	9	4

Amino Acids

Other

Ingredients

COOKED RICE (WATER, RICE, SALT), MUSHROOMS, REHYDRATED WHEY, WATER, CREAM, SUNFLOWER OIL, WHEAT FLOUR, ONION, PARSLEY, SALT, GARLIC, TAPIOCA STARCH, MUSHROOM EXTRACT, YEAST EXTRACT, SPICES, LEMON JUICE, ONION POWDER. *Date Available:* 12/14/2016 *Date Last Updated by Company:* 12/14/2016